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Sedentary Habits Cause Backache

Exercise is the answer to backache caused by sedentary habits, it was reported in a scientific journal of the American Medical Association.

A lack of physical activity is a major cause of low back pain and exercise can prevent as well as remedy the situation, Hans Kraus, M.D., and Sonya Weber, D.Sc., New York City, wrote in the April Archives of Environmental Health.

Their conclusion was based on a study of 52 psychoanalysts, a highly sedentary group, and earlier research by Dr. Kraus, who has been interested in the subject for 20 years.

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deficiencies and exercises were specifically prescribed to overcome these weaknesses, the authors said.

The exercises started with gentle movements and were increased gradually as strength and flexibility improved, they said. After the exercises were learned, the analysts were told to perform them at home at least once a day for 5 to 20 minutes.

The researchers were able to follow the progress of 26 of the 52 analysts for from 2 to 10 years.

Of the 26, who originally complained of low back pain along with pain in the upper back, neck, shoulder area and legs, "8 had no pain at all, and 18 had definite relief from pain" at their final examination, the authors said.

"They all showed considerable improvement in muscle strength and flexibility," they said.

In some cases, pain recurred when exercises were suspended, it was pointed out.

Lack of exercise may operate in different ways to produce painful muscular conditions, the authors explained.

"It may cause weakness and stiffness in muscles, since—as is generally known—a muscle only maintains the efficiency at which it is ordinarily used," they said. "On the other hand, inability to respond to stimuli and the need to assume identical posture for long periods of time may store tension in certain muscle groups and manifest itself in consider-

(Continued on Page 14)

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Sedentary Habits Cause Backache

(Continued from Page 10)

able pain. This category is usually referred to as 'tension syndrome' and includes many cases of stiff neck, painful shoulder, painful upper and lower back, and painful leg and arm muscles."

To gain an impression of the magnitude of complaints among analysts possibly due to underexercise and unreleased tension, the researchers also sent a questionnaire to the 750 members of the American Psychoanalytical Association.

A total of 489 questionnaires were returned, they said. Of these, 144 exercised and had no pain; 107 did not exercise at all and had pain; 47 had pain which was relieved by exercise; 52 had pain despite physical activity; 29 did not exercise at all and had no pain; 44 reported an organic disease involving the lower back, and the remaining 66 could not be evaluated, they said.

If the unevaluated group and those with organic disease are disregarded, the authors said, it can be inferred that the remaining 379 analysts would not have had pain if they had performed sufficient and appropriate exercises.

"This study bears out the experience reported previously that lack of physical activity is the major cause for low back pain and tension syndromes and the exercise has both preventive and remedial value," they said.

The findings also show that a test of muscle strength and flexibility can indicate the borderline of minimum muscular fitness below which expectancy of back pain is high, they said.

An earlier study conducted by Dr. Kraus indicated that 80 per cent of 5,000 physically inactive persons with back pain had "muscular deficient" backs.

The chances of preventing back pain in persons in such a sedentary occupation as psychoanalyst can be improved by such simple measures as changing chairs frequently when working; changing head posture; taking five-minute "breaks" for mild exercise such as walking up and down; incorporating 10 to 30 minutes of exercises into the daily routine; developing walking habits, including stairs, and engaging in some such activity as walking, swimming, tennis, or gardening on week-ends and on one week-day, the authors said.

"The time thus spent would be regained by avoidance of days of disability and discomfort," they said.

BLOOD COAGULUM PACKING IN MIDDLE EAR SURGERY—M. C. Culbertson, Jr., and R. Rember. Arch. Otolaryng.—Vol. 75: 198 (March) 1962.

The authors believe that a blood clot is at present the best agent for packing middle ears in many cases of tympanoplasty, particularly those using vein and canal-wall skin grafts. Preparation of this coagulum by centrifuging of blood produced a more easily usable packing material. A description of the technique is given.

BOOKS RECEIVED

Books received by CALIFORNIA MEDICINE are acknowledged in this column. Selections will be made for more extensive review in the interest of readers as space permits.

CLINICAL PATHOLOGY—Application and Interpretation—Third Edition—Benjamin B. Wells, M.D., Ph.D., Assistant Chief Medical Director for Research and Education in Medicine, Veterans Administration; former Professor of Medicine and Chairman of the Department of Medicine, Creighton University School of Medicine, Omaha. W. B. Saunders Company, Philadelphia, Pa., 1962. 541 pages, \$9.00.

FUTURE OF PSYCHIATRY, THE—Edited by Paul H. Hoch, M.D., Department of Mental Hyglene, State of New York; College of Physicians and Surgeons, Columbia University, New York City, and Joseph Zubin, Ph.D., Department of Mental Hyglene, State of New York; Department of Psychology, Columbia University, New York City. The Proceedings of the Fiftleth Annual Meeting of the American Psychopathological Association, held in New York City, February 1961. Grune & Stratton, Inc., 381 Park Avenue South, New York 16, N. Y., 1962. 271 pages, \$8.75.

KEY TO LASTING SLIMNESS—Corinne Collins. Foreword by Dr. Jean Mayer, Associate Professor of Nutrition, Harvard University. Published by J. Richard Collins, P.O. Box 4828, San Francisco 1, Calif., 1960. Paperback, 80 pages, \$1.00.

MANUAL OF ELECTROTHERAPY, A—Second Edition, Thoroughly Revised, 157 Illustrations and a Plate in Color—Arthur L. Watkins, M.D., Assistant Clinical Professor of Medicine, Harvard Medical School; Chief of Physical Medicine, Massachusetts General Hospital; Medical Director, Bay State Medical Rehabilitation Clinic, Boston, Mass. Lea & Febiger, Washington Square, Philadelphia 6, Pa., 1962. 272 pages, \$5.00.

MARTINI'S PRINCIPLES AND PRACTICE OF PHYSICAL DIAGNOSIS—3rd Edition—Revised by Yale Kneeland, Jr., M.D., Professor of Medicine, Columbia University; Attending Physician, Presbyterian Hospital, New York City; and Robert F. Loeb, M.D., Bard Professor of Medicine, Emeritus, Columbia University; Consultant, Presbyterian Hospital, New York City. J. B. Lippincott Company, East Washington Square, Philadelphia 5, Pa., 1962. 275 pages, \$4.75.

MODERN MEDICAL TREATMENT—By Various Authors—Edited by Henry Miller, M.D., F.R.C.P., Physician in Neurology, Royal Victoria Infirmary, Newcastle upon Tyne. Williams & Wilkins Co., Baltimore 2, Maryland, exclusive U. S. agents, 1962. 416 pages, \$7.00.

PHYSICAL DIAGNOSIS—Sixth Edition, Illustrated—Ralph H. Major, M.D., Professor of Medicine and of the History of Medicine, and Mahlon H. Delp, M.D., Professor of Medicine, The University of Kansas. W. B. Saunders Company, Philadelphia, Pa., 1962, 355 pages, \$7.50.

POSTTHROMBOPHLEBITIC SYNDROME, THE—Roy J. Popkin, M.D., F.A.C.A., Attending in Medicine, Cedars

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THE PELVIS: Section VI of A Stereoscopic Atlas of Anatomy. By David L. Bassett, M.D., and William B. Gruber. 2 Vols. 340 pages, plus films. (1961) Sawyer's. \$19.50.

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of Lebanon Hospital; Chief (Emeritus), Peripheral Vascular Disease Clinic, Cedars of Lebanon Hospital, Los Angeles, Calif. Charles C. Thomas, Publisher, 301-327 East Lawrence Avenue, Springfield, Ill., 1962. 211 pages, \$8.50.

PRIMER OF WATER, ELECTROLYTE AND ACID-BASE SYNDROMES, A—Second Edition, Thoroughly Revised, Illustrated—Emanuel Goldberger, M.D., F.A.C.P., Attending Physician, Montefiore Hospital; Consulting Cardiologist, Lincoln and Misericordia Hospitals; Lecturer in Medicine, Columbia University, New York, New York. Lea & Febiger, Washington Square, Philadelphia 6, Pa., 1962. 374 pages, \$6.00.

PRINCIPLES AND PRACTICE OF MEDICINE, THE—A Textbook for Students and Doctors—Sir Stanley Davidson, B. A. Cantab., M.D., F.R.C.P. Edin., F.R.C.P., Lond., M.D. Oslo, F.R.S. Edin., Extra Physician to H.M. the Queen in Scotland; Professor of Medicine and Clinical Medicine, University of Edinburgh, 1938-59; Physician-in-Charge, Royal Infirmary, Edinburgh, 1938-59; Regius Professor of Medicine, University of Aberdeen, 1930-38, and Past and Present Members of The Staff of the Department of Medicine, University of Edinburgh, and Associated Clinical Units. The Williams & Wilkins Co., Baltimore, Md., 1960. 1139 pages, \$8.00.

PSYCHOCHEMOTHERAPY—The Physician's Manual—Edmund Remmen, M.D., Editor, Western Medicine; Sidney Cohen, M.D., Assistant Clinical Professor, University of California (LA); Keith S. Ditman, M.D., Assistant Professor, Neuropsychiatric Institute, UCLA Medical Center; and John Russell Frantz, M.D., Associate Clinical Professor of Psychiatry, Loma Linda University. Western Medical Publications, 1721 W. Olympic Blvd., Los Angeles 15, 1962, 152 pages, \$4.50.

RADIOACTIVE ISOTOPES IN MEDICINE AND BIOLOGY: MEDICINE—Second Edition, 49 Illustrations—Solomon Silver, M.D., Attending Physician; Chief, Thyroid Clinic, The Mount Sinai Hospital; Associate Clinical Professor of Medicine, College of Physicians and Surgeons, Columbia University, New York. Lea & Febiger, Washington Square, Philadelphia 6, Pa., 1962. 347 pages, \$8.00.

(Continued on Page 22)

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Gynecology, Office & Operativ	eTwo Weeks, Sept. 17
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Gallbladder Surgery	3 Days, June 18, Oct. 8
Surgery of Hernia	
Advances in Medicine	
Advances in Surgery	
Blood Vessel Surgery	
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Fractures & Traumatic Surgery	,
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BOOKS RECEIVED

(Continued from Page 18)

SHOCK—PATHOGENESIS AND THERAPY—An International Symposium Sponsored in Stockholm, 27th-30th June, 1961, by CIBA—U. S. von Euler, Stockholm, Chairman; edited by K. D. Bock, Basle. Springer-Verlag, Berlin, Gottingen, Heidelberg, 1962. Copies are available from Academic Press in New York City at \$13.00 each.

STUDY OF PSYCHOPHYSICAL METHODS FOR RELIEF OF CHILDBIRTH PAIN, A—C. Lee Buxton, M.D., Department of Obstetrics and Gynecology, Yale University School of Medicine. W. B. Saunders Company, Philadelphia, Pa., 1962. 116 pages, \$4.75.

THANNHAUSER'S TEXTBOOK OF METABOLISM AND METABOLIC DISORDERS—Second Edition—Edited by Nepomuk Zollner, Associate Professor of Internal Medicine and Senior Research Assistant in Medicine, University of Munich, Germany; with an introduction by S. J. Thannhauser. American edition translated and edited by Solomon Estren, M.D., F.A.C.P., Associate Attending Hematologist, The Mount Sinai Hospital; Associate Physician, Hematology, Mother Cabrini Memorial Hospital, New York City; Attending in Hematology, Veterans Administration Hospital, Bronx, New York. Grune & Stratton, Inc., 381 Park Avenue South, New York 16, N. Y., 1962. Vol. I, 462 pages, \$17.50. (Vol. II not published yet.)

TROPICAL RADIOLOGY—Howard Middlemiss, M.D., F.F.R., D.M.R.D., Director of Radiology, United Bristol Hospitals; Head of Department of Radiodiagnosis, University of Bristol. Intercontinental Medical Book Corporation, 381 Fourth Avenue, New York 16, N. Y., 1962. 272 pages, \$10.00.

Good Nursery Schools Offer Advantages

A nursery school operated professionally and competently has "strong advantages" for most children at the age of three or four, according to Willard Abraham, Ph.D., chairman of the department of special education, Arizona State University, Tucson, Ariz.

But nursery schools are not the answer for all childhood problems of insecurity, speech, and slow maturing, he said.

Writing in the April Today's Health, published by the American Medical Association, Dr. Abraham said nursery schools will not compensate for the rejection a child may feel when a new baby enters the home scene and they cannot make up for a broken home, parents who never wanted him in the first place, or a mother who puts her pleasures or luxuries ahead of him.

They can be of only limited help in these situations, he said.

Nursery schools represent "a wedge toward the bigger world which the child can enter gradually,"

(Continued on Page 32)

Seattle World Fair

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Dr. E. A. Park, 84, Wins Goldberger Award

Dr. Edwards Albert Park, veteran Baltimore scientist whose findings played a major part in eliminating rickets as an important health problem for American children, will be honored with the American Medical Association's highest award in clinical nutrition next June.

Dr. Park, 84, professor emeritus of pediatrics at Johns Hopkins Hospital, has been named by the A.M.A.'s Board of Trustees to receive the 1962 Joseph Goldberger Award. A pioneer in the field of human nutrition in the United States, Dr. Park will receive a commemorative plaque and \$1,000.

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The presentation will be made at the American Medical Association's annual meeting in Chicago June 24-28. Dr. Park will deliver the annual Goldberger lecture at the meeting. His subject will be "The Imprinting of Nutritional Disturbances on the Growing Bone.'

The Goldberger Award was established in 1949 by the A.M.A. Council on Foods and Nutrition in cooperation with the Nutrition Foundation, Inc. The award is in honor of Dr. Joseph Goldberger, who was chiefly responsible for the discovery of the cause and treatment of pellagra. Last year's award winner was Dr. Frederick J. Stare, chairman of the department of nutrition at Harvard University.

In addition to the award itself, the A.M.A. annually bestows 10 fellowships in nutrition in honor of the Goldberger recipient. These fellowships to young medical students are given each spring.

Dr. Park's investigations of rickets and scurvy established and clarified the patterns of both of these nutritional diseases. In his nutritional research, the production of experimental rickets in rats by dietary means was developed and the antirickets activity of cod liver oil was proved.

Dr. Park then applied this information to the study of infants. These studies culminated in the development of effective diagnostic techniques and radiographic methods for the study of the healing of

(Continued on Page 36)

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Good Nursery Schools Offer Advantages

(Continued from Page 22)

Dr. Abraham said. They also offer "an open door to the beginning of science, numbers, music, and art, to concepts of time and space—and another link in the reading process" he said.

Most children can profit from this expanded experience, he said, but only if:

- —The child is ready to be away from home part of the day.
- —The school supplements, rather than duplicates, the home.
- —The staff, equipment and physical setting are appropriate to the child's needs.

"When the child should start and how long he ought to attend is an individual matter which differs from child to child," he said. "However, few can begin profitably at the age of two—and many gain relatively little from more than one year, unless the second year is especially planned to meet their changing physical and emotional needs."

Many different kinds of nurseries are available, he said, and parents should obtain as much information as possible before deciding on whether to enter their child in a particular one.

"The caliber of the nursery school and the specific needs of the child are the decisive factors in how practical this experience will be," Dr. Abraham concluded.

Expectant Mother Survives Heart Attack

A 33-year-old expectant mother survived a heart attack in the eighth month of pregnancy and gave birth to a normal, healthy son, it was reported in the March 24 Journal of the American Medical Association.

The case was reported by Drs. Eli Shapiro, Richard J. Rosen, Bernard Lederman and Robert J. Carey, Boston.

The occurrence of a heart attack during pregnancy is "a rare phenomenon," they said. Among the few cases reported, no patients recovering from the acute phase of a heart attack died during labor, they said.

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Cohen, B. M.: M. Times 88:855 (July) 1960.
 Cohen, B. M.: Méd. et Hyg. (Genève) #494, p. 210 (Mar. 15) 1961.

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(Vitamin B ₁)	2.0	mg
Riboflavin (Vitamin B ₂)	2.0	mg
Niacinamide (Vitamin B ₃)	5.0	mg
d-Calcium Pantothenate		Ü
(Vitamin B ₅)	1.0	mg
Pyridoxine HCl (Vitamin B ₆)	1.0	
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Magnesium (as Carbonate)	2.5	_
COMPLETE LITERATURE AND SAMPLES		_



Wallet-Size Lung X-Ray Film Aids Transient Patient

A wallet-size x-ray film has been devised for the future reference of physicians treating patients with lung disease whose occupation requires moves to different locations.

It is frequently desirable and often essential for a physicians to review previous x-rays of patients with lung disease who have abnormal chest x-rays, Robert B. Stonehill, MC, USAF, and Frank A. Johnson, M.D., Lackland, Tex., wrote in the May 5 Journal of the American Medical Association.

Obtaining earlier x-rays is "frequently a vexing, time-consuming problem," they said. "This is true especially in a migrating population, such as in the armed forces personnel and their dependents. The same difficulty is encountered in civilian medical practice, but less often."

This frequently delays diagnosis and therapy, they said. Occasionally, the patient is submitted to surgical, diagnostic procedures which could have been avoided if previous x-ray films had been available.

Consequently, the authors said, a patient with x-ray abnormalities when discharged from USAF Hospital Lackland is given a film of his x-ray negative trimmed to $2\frac{1}{4}$ by $2\frac{1}{2}$ inches which can be carried easily in his wallet.

When a patient's occupation or situation necessitates movement to new locations, the delay experienced in obtaining previous x-rays might well be avoided by this simple procedure, they said.

REFERENCES AND REVIEWS

(Continued from Page 30)

thyroid effect observed in 3 patients. Significant weight loss occurred in 6 patients. No serious side effects or reaction to p-Triiodothyronine was observed in the 14 patients studied.

THE FEDERAL HAZARDOUS SUBSTANCES LABELING ACT—T. W. Nale. Arch. Environ. Health—Vol. 4:239 (March) 1962.

A brief history is given of the background of work in the field of precautionary labeling of hazardous substances, which culminated in the passage of the Federal Hazardous Substances Labeling Act. The principal definitions contained in the Act are presented, and the regulations issued by the Food and Drug Administration on Aug. 12, 1961, are reviewed. Based on this information, a series of examples are presented as demonstration of precautionary labels prepared to conform with the Act and current regulations.

POTENTIAL EXPOSURES FROM X-RAY AND SEALED RADIOISOTOPES—R. G. McAllister. Arch. Environ. Health—Vol. 4:265 (March) 1962.

The potential hazard of radiation exposure is great from industrial use of x-ray machines and gamma-ray sources for radiography. Steadily expanding use will enhance the potential hazard. Records of accidental radiation injury from these devices have been extremely favorable, as compared to early record of medical use. But there is room for improvement. Radiation protection requirements for industrial radiography are simple and straightforward. It is the duty of present and future users to learn to follow them.

Dr. E. A. Park, 84, Wins Goldberger Award

(Continued from Page 24)

rickets in infants. Such studies were valuable in the eventual elimination of the disease as an important health problem of infants and children in this country and Europe.

Dr. Park continued to investigate the pathology of bone in rickets and the normal processes of growth in bone. These studies aided in the understanding of the fundamental processes of bone growth.

His investigations contributed also to the knowledge of the effect of vitamin C deficiency on bone growth and structure. They permitted more effective use of x-ray in the early diagnosis of scurvy in infants by pointing out the changes in bone structure established by simultaneous tissue and x-ray studies.

"The broader influence of Dr. Park through his inspirational teaching deserves special recognition," the A.M.A. said. "His career exemplifies the sum of those qualities of important original contributions over a long period of time, of breadth of interest and influence on the field of human nutrition and of leadership which have characterized recipients of the Goldberger Award."

Born in 1877 at Gloversville, N. Y., Dr. Park graduated from Yale in 1900 and received his medical degree from Columbia in 1905. He was an instructor in internal medicine and pediatrics at Columbia and was on the faculties of Johns Hopkins and Yale. For 20 years he was a professor of pediatrics and pediatrician-in-chief at Johns Hopkins Hospital, gaining emeritus status in 1947. He has received many honorary degrees and scientific awards.

Contaminated Water Blamed In Hepatitis Outbreak

Contaminated water was blamed today as the probable cause of an epidemic of infectious hepatitis in Connecticut in the summer of 1960.

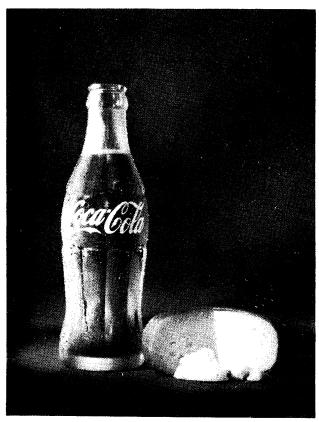
Hepatitis is a virus-caused liver disease in which jaundice is the most prominent symptom.

Thirty cases of hepatitis apparently stemmed from a well drilled in 1957 to supply water to grades three through six of the consolidated school in Brookfield, Conn., according to an article in the April 7 Journal of the American Medical Association.

General sanitation and hygiene in Brookfield are "excellent" the article said.

Water-borne epidemics of hepatitis have been reported infrequently, according to the *Journal* report, which said:

"It is possible that water-borne transmission occurs more often in schools in this country than the (Continued on Page 38)



oca-Cola, too, is compatible with a well balanced diet.
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Contaminated Water Blamed In Hepatitis Outbreak

(Continued from Page 36)

lack of reports implies. The failure to recognize this type of spread may be due not only to a low index of suspicion and superficial investigation, but also because it is uncommon for evidence to occur which points certainly enough to water to allow its documentation as a common source."

In the Brookfield case, the explosive nature of the outbreak—19 cases in school pupils within 23 days—indicated that all were infected over a short period of time by a common source, the article said.

Possible sources which were considered but eliminated after investigation were food, milk, and intermingling on school buses and at church gatherings, it said.

Drinking water provided a logical explanation for the outbreak, it said.

Considerable weight was added to the hypothesis that the source was a particular well at the consolidated school when it was discovered that the only patient who became ill during the epidemic and who had not attended the school had nevertheless drunk water there, it said. This patient was a junior high school student who played basketball in the school gymnasium and drank water from a fountain drawing water from the well.

Authors of the article are Drs. Mila E. Rindge, chief, epidemiology section, Connecticut State Department of Health, Hartford, Conn.; James O. Mason, Communicable Disease Center, and Wm. R. Elsea, U. S. Public Health Service, Washington, D. C.

Cervical Cancer Risk Higher In Early Marriage Group

Women who marry in their teens face a higher probability of eventually developing cancer of the cervix, according to a report in the February 17 Journal of the American Medical Association.

It was recommended that women who fall into this susceptible group seek regular gynecologic examinations. Cancer of the cervix can be cured when diagnosed in its early stage.

The Journal report was based on studies conducted at Kaiser Foundation Hospitals and Permanente Medical Group in Oakland, Calif., and San Francisco in which 155 cervical cancer patients were compared with 155 similar but cancer-free patients.

The study, in which all patients were questioned as to their earliest sexual experience regardless of marital status, revealed that significantly greater number of cancer patients reported such experiences between the ages of 15 and 20 with cancer diagnosed after a mean latent period of 30 years, I. D. Rotkin, Ph.D., Oakland, said.

This relationship indicates the presence of some as yet unidentified cancer-causing agent, he said.

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California MEDICINE

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Atherosclerosis

Present Status of the Management of the Disease

LOUIS N. KATZ, M.D., Chicago

THE MAN in the practice of medicine having to care for patients with atherosclerotic heart disease wants to know where we stand today in our knowledge on this subject. There are three steps in the development of knowledge. At first nothing is known about a subject and therefore all we can do is speculate. Then something new is discovered—we tend to overemphasize this discovery, argue about it and become involved in polemics and controversy. Finally, with time and discretion, the discord simmers down and what remains becomes widely accepted, without controversy, and appears in the textbooks.

This is applicable to atherosclerosis. Much is still unknown and therefore much is speculative. It is something for tomorrow, not for today, and need not concern the physician in practice. However, there are a number of things that are definitely established and not controversial. These facts need reemphasis since the field is new.

It is established that 90 per cent of all patients with cardiovascular disease succumb to atherosclerosis (and/or hypertension). Hence, over 45 per cent of all Americans die of these two diseases. This is an important disease, and hence new information about it may have a great impact on our way of living and could affect certain segments of our big

industries like those dealing with foods and with drugs, for example. Also, it may lead to important changes in our living habits. These overtones make it difficult to keep a reasonable scientific and unemotional attitude toward the implication of the newer findings.

It is definitely established that atherosclerosis is a disease, and hence can be treated and prevented now or in the future. It is a metabolic disease. It is not merely old age, or senility or senescence. Actually it is primarily a disease of middle-aged men. Being a metabolic disease, it is subject to control by diet as well as by the internal regulation exerted by the central nervous system or, more likely, by the hormones.

One of the problems which is not settled is what causes atherosclerosis to localize at sites of predilection. Why does it strike primarily at certain sites? Perhaps it is a question of hydraulics resulting from the forces in the moving blood which create stresses and turbulence at the branchings and narrowings of the blood vessels. Perhaps it is due to localized infection and injury. Almost everything that enters the body goes through the blood vessels, and may concentrate within the delicate intima—thereby producing an injury, which in turn becomes a site of predilection for the fatty and fibrotic changes and their sequelae which form the multifaceted aspect of atherosclerosis. Perhaps the disease follows intravascular fibrin deposits or blood clots. Rokitansky and, more recently, Duguid have

Cardiovascular Institute, Michael Reese Hospital and Medical Center, Chicago 16.

Presented before the Section on Internal Medicine at the 91st Annual Session of the California Medical Association, San Francisco, April 15 to 18, 1962.

California MEDICINE

For information on preparation of manuscript, see advertising page 2

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Another Annual Meeting

On April 18 the California Medical Association rang down the curtain on its ninety-first annual session. During its 106 years of existence the Association has missed only 15 years in holding annual meetings, and then because of war or postwar difficulties.

Taken as a whole, the 1962 meeting proceeded with extreme smoothness. It handled its transactions, dispatched its business and closed its doors on a large and apparently satisfied group of members.

Scientifically, the meeting included all the programs and functions looked for in modern medical meetings. Six outstanding guest speakers contributed their knowledge and experience to audiences in large general meetings and the more restricted sessions of the 18 specialty sections.

Medical motion pictures and closed-circuit television proved eminently popular with the scientific audience. Both types of program attracted large crowds, attesting the teaching potential of the visual demonstration as well as the spoken word. The pharmaceutical industry is due a debt of gratitude for its furnishing of films and television programs of first caliber.

Technical exhibits drew large numbers of visitors and again proved that "the best of the newest" can best be assembled at meetings of this character and size. While not all technical exhibitors receive maximum interest from the attending physicians, the consensus of those exhibiting was that a good, sound meeting had been prepared and enjoyed. Scientific exhibitors, again limited in number because of space restrictions, presented their original work in an unhurried atmosphere which encourages browsing and inquiry. The association owes a debt to these pioneers for their willingness to share findings with the professional audience of the annual session.

Legislatively, the House of Delegates handled 91 resolutions and numerous proposed amendments to the Constitution and Bylaws. Despite the size of the

agenda, the meetings proceeded with a minimum of friction. It should be noted that (1) the meetings of the House of Delegates were spaced at intervals which were conducive to thorough study of the matters before the House; (2) delegates and delegations were much more prompt than formerly in forwarding resolutions to the central office so that they could be distributed in advance, and (3) the Association has developed a corps of able and experienced staff members whose background and vigilance contribute materially to the orderly functioning of reference committees.

While the list of resolutions was long, several topics appeared to attract a high level of interest. Among these were proposals for formation of professional corporations to ease physician retirement programs, public assistance programs, birth control and therapeutic abortions and the unification of the medical and osteopathic professions.

The osteopathic unification, debated at length last year, moved gently into its final phases at this meeting. Amendments to the Constitution and Bylaws were voted unanimously or nearly so and helped pave the way for the final step, a popular vote by the people of California in November to cease the further licensing of osteopathic physicians and surgeons. This measure will transfer all such licensing to the State Board of Medical Examiners and retain the State Board of Osteopathic Examiners as a policing body during the lifetime of outstanding osteopathic licenses that are not converted to licenses issued by the Board of Medical Examiners.

The November election, while not essential to the unification program of the two professions, is morally extremely desirable as an indication that all differences between the two groups have, at long last, been removed. We anticipate a hard and expensive campaign on this issue, which will be titled Proposition No. 22.

California MEDICAL ASSOCIATION

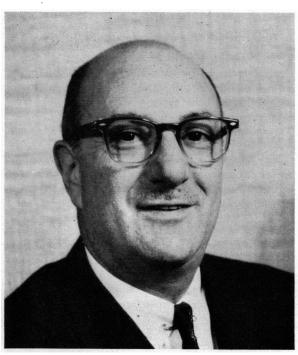
NOTICES & REPORTS

Samuel R. Sherman, M. D. C.M.A. President-Elect

DOCTOR SAMUEL ROBERT SHERMAN was unanimously elected President-Elect of the California Medical Association April 17, 1962.

Doctor Sherman, who is Associate Chief of Surgery, Mount Zion Hospital, San Francisco, was born in Stockton, California, attended the University of California, Berkeley, and received his M.D. degree from the University of California Medical School at San Francisco in 1932.

Leaving his private surgical practice in 1941, he joined many colleagues and reported for active military duty. He became a naval flight surgeon, attained the rank of Captain, U.S.N.R., and received



SAMUEL R. SHERMAN, M.D.

the Navy Cross for valor under fire on the carrier Benjamin Franklin. He was also awarded the Purple Heart.

Following the war he turned his interest again to civic and medical society affairs. He was elected in 1955 to serve as President of the San Francisco Medical Society, which he did with vigor and distinction.

In 1956 he was elected Councilor for the Seventh District, became vice-chairman of the Council in 1957 and chairman in 1960. In 1961 he was elected as an alternate delegate to represent California in the House of Delegates of the American Medical Association.

Meanwhile, from 1952 to 1960, he organized the medical defense structure in San Francisco, serving as chairman of the Medical Section of the Mayor's Committee of Civil Defense and Disaster during those years. He also became chairman of the C.M.A. Liaison Committee to the California State Department of Social Welfare and in 1960 was made chairman of the Medical Care Advisory Committee of the State Department of Social Welfare.

While several details of Doctor Sherman's qualities, including service, energy and capability are apparent from the foregoing, the spectrum is by no means filled; while no job is too small—or too large

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452 CALIFORNIA MEDICINE

Describe Diagnostic Test For Stomach Cancer

A simple test has been devised which may enable physicians to solve the difficult problem of differentiating benign from malignant stomach disorders.

Drs. J. Edward Berk and Sheldon M. Kantor, Detroit, writing in the March 31 Journal of the American Medical Association, said the technique appears to be "valuable and reliable."

The test is based on a recent finding that the oral administration of tetracycline results in the appearance of fluorescent material in sediment from the stomach contents of patients with stomach cancer while no fluorescence appears in patients without cancer.

Tetracycline drugs themselves are fluorescent but the mechanism by which these antibiotics impart fluorescence to malignant tissue has not been discovered.

Drs. Berk and Kantor tested for fluorescence after ingestion of a tetracycline by normal subjects and patients with various stomach ailments.

The test was positive if a bright yellow glow appeared in the stomach contents removed from the subject, processed and viewed under an ultraviolet lamp, they said.

Fluorescence was found in 13 of a total of 58 tests, the authors said. The 13 patients included 10 with a malignancy of the stomach, two in whom a

"premalignant" condition was suspected, and one with "suspicious" cancer cells, they said.

The remaining 45 subjects with negative test results consisted of seven normal persons and 38 patients with benign stomach disorders, they said.

The authors are affiliated with Sinai Hospital of Detroit and Wayne State University College of Medicine.

New Brain Surgery Technique Aids Disabled Victims

A new surgical technique has produced "gratifying" results in patients incapacitated as a result of one of the blood vessels of the brain becoming weakened and distended, according to an article in the March 24 Journal of the American Medical Association.

The condition was corrected by enclosing the dilated part of the blood vessel in a plastic jacket which both constricts the area somewhat and also prevents further expansion, Edwin M. Todd, M.D.; C. Hunter Sheldon, M.D.; Benjamin L. Crue, Jr., M.D.; Robert H. Pudenz, M.D., and William F. Agnew, M.S., Pasadena, Calif., reported.

The bulging blood vessel, technically termed intracranial aneurysm, exerts pressure on surrounding tissues and nerves which can produce pain and paralysis. If this blood-filled bulge ruptures, a fatal hemorrhage may occur.



The plastic coating technique was designed for only the more complicated of these conditions which cannot be corrected by tying off the circulation to the affected area, the authors explained. Although no adverse reactions to the implanted plastic have been encountered, they said, further study is necessary before the real value of the technique can be determined.

The plastic employed is a rapid-hardening silicone rubber which is resistant to moisture and oxidation, they said. It can be prepared and applied easily and molded precisely, they said. Although tough enough to contain the dilated area, they said, the plastic is sufficiently elastic to permit unimpeded flow of blood.

The authors described three cases in which the patients, who had been incapacitated, showed improvement after the plastic jacket operation.

A 52-year-old woman returned to a normal life six months after the operation, a 40-year-old woman resumed teaching within two months after her operation, and the third patient, a woman, 61, is able to perform limited household chores and is continuing to improve, they said.

The researchers are affiliated with the Institute of Medical Research and the Department of Neurosurgery, Collis P. and Howard Huntington Memorial Hospital.

M.D. Lobby to Fight Air Pollution Urged

The medical profession was urged recently to "constitute itself a lobby against air pollution" in the same way it lobbied successfully for the prevention of tuberculosis in the 1920's and 1930's.

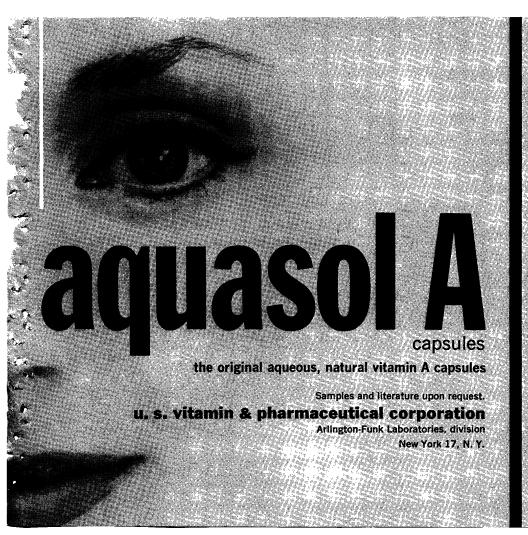
"A wholehearted and persistent effort to prevent air pollution can have equal success," Drs. Seymour M. Farber and Roger H. L. Wilson, San Francisco, said in the May 5 Journal of the American Medical Association.

Air pollution plays an important role in the development of not only lung cancer, but also many other chronic respiratory diseases, they said.

A great many of the malignant, chronic and degenerative diseases are now known to originate in the environment of the individual just as surely as tuberculosis originates in exposure to tubercle bacilli, they said.

The central problem which must dominate research in medicine in the foreseeable future is the relationship of environment to health, they said, and the most acute environmental problem is the relationship between air contamination and respiratory disease.

"One of the most important problems in medicine today is the low-level but chronic poisoning of our atmosphere by dozens of chemical processes characteristic of an advancing civilization, a poisoning (Continued on Page 72)



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Partially Hydrogenated Fats And Cholesterol Studied

Some partially hydrogenated vegetable oils widely consumed in the American diet have been shown to create blood cholesterol responses equivalent to unhydrogenated vegetable oil, it was reported in the May 5 Journal of the American Medical Association.

Fats and oils contain varying amounts of saturated, polyunsaturated and monounsaturated fatty acids. A saturated fatty acid is one containing all he hydrogen atoms it can hold. A polyunsaturated frtty acid has more than one unsaturated bond in its chemical makeup, and a monounsaturated has just one unsaturated bond.

When a fat or oil is hydrogenated, i.e., combined with hydrogen, the number of unsaturated bonds are reduced, and this usually means some reduction the polyunsaturated content.

However, a study reported in the *Journal* indid that dietary fats containing 25 per cent or less aturated fatty acids and a polyunsaturated to trated ratio greater than 0.5 created blood cholescol responses equivalent to unhydrogenated coteed oil.

The study was conducted among 36 male inmates Philadelphia County Prison at Holmesburg, Pa., Don E. McOsker, Ph.D., Fred H. Mattson, Ph.D., Bruce Sweringen, B.Ch.E., Miami Valley Labratories of The Procter and Gamble Company,

Cincinnati, and Albert M. Kligman, M.D., University of Pennsylvania Medical School, Philadelphia.

Seven different dietary fats with saturated fatty acid content ranging from 14 to 64 per cent were studied. The fats were included in a liquid formula diet with egg white, dextrose, salt and water.

The fats with the highest percentage of saturated fatty acids were unsalted butterfat (64 per cent saturated) and a blend of animal and vegetable fats present in the average American diet (40 per cent saturated).

Butterfat produced significantly higher cholesterol levels than all of the other fats, the four researchers reported.

The blend representing the average American diet produced a cholesterol level significantly higher than that obtained with four partially hydrogenated fats and oils containing 25 per cent or less of saturated fatty acids, they said.

In conclusion, the group said it appears that partially hydrogenated vegetable fats are no different from unhydrogenated fats in their effect on blood cholesterol level. However, they added, it might be expected that consumption of a fat that had been more extensively hydrogenated than those used in the study would result in an elevation of blood cholesterol.

It is believed by some medical authorities that cholesterol is a causal factor in hardening of the arteries and heart disease.

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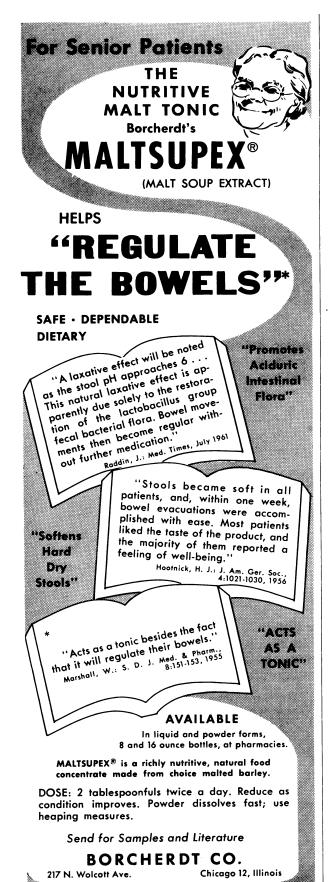
Ford, R. V.: Clin. Res. Notes 2:1 (Dec.) 1959.
 Ford, R. V.: Cur. Therap. Res. 2:92 (Mar.) 1960.
 Elliott, J. P., Jr., and Goldman, A. M.: South. M.J. 54:794 (July) 1961.

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M.D. Lobby to Fight Air Pollution Urged

(Continued from Page 57)

which has its effect only over the course of many years, but which nonetheless inexorably cripples and kills," the two physicians said.

Although a connection between air pollution and noncancerous lung diseases can only be tentatively, they said, "The connection be pollution and cancer of the respiratory sysure as statistical studies can make it."

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Studies from all parts of the world co air pollution plays a substantial role in ca cancer, they said.

However, they said, "we are hardly on hold of understanding the air we breat

Statistical correlations are lacking be cific pollutants and the incidence of no lung ailments, they said, and while to abundance of evidence that a number of found in polluted air cause cancer in animals, much experimental work remoderated to the said of th

Although present knowledge is crucsatisfactory, they concluded, it is know pollution is a hazard to health and this a should be applied to the elimination of air to the maximum possible degree.

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